



## Sport Climbing Weekends

Sport climbing has rapidly become one of the most popular aspects of climbing and many people are making the transition from gym style climbing to the outdoors. The Owens Valley has a wealth of different locations and rock types to choose from with climbs at all levels of difficulty making it an ideal place to take a climbing holiday.

**Location:** The large number of sport climbing crags in the area make it possible to climb in a different location and on a different rock type each day. However, we will endeavor to be flexible and take into account the weather conditions, other climbers and your personal desires in choosing the days itinerary. The best places will be;

**Owens Gorge.** With over 600 routes this area has a tremendous concentration of climbs on andesite and welded tuff rock types. Routes here start in at 5.6 and in contrast to many other sport areas the greatest concentration of climbs is at the 5.10 level. The Gorge is at low elevation and can be a hot place during summer.

**Rock Creek.** At 8,000 feet in the Sierra the Rock Creek area offers wonderful granite bolted routes. The climbing is varied requiring a repertoire of skills and techniques. Surrounded by aspen groves this is a beautiful locale during the month of fall. Routes here start at 5.9 and go upwards.

**Clark Canyon.** Situated in the Jeffrey Pine forest east of Mammoth this offers steep, short climbs on pocketed tuff and some cracks. It is a lot cooler than the low elevation crags in mid-summer.

**Itinerary:** We will do introductions and an equipment check, obtaining any last minute items from Wilson's Eastside Sports just across the street before heading to the crags.

After a full day of climbing, car camping will be provided at the Mill Pond Campground just north of Bishop. This is a pleasant site with showers and a great view of the mountains. You have the choice of cooking food in the campsite or heading in to town to take advantage of the numerous restaurants.

During the two days the topics covered will include:

Stretching for climbing, footwork, putting a route together, visualization, mental and physical training for sport climbing, equipment selection, anchor construction and safe usage.

And also as much climbing as you are able to handle.

**Meeting place and time:** We will meet the first day at 8.00 a.m. at the world headquarters of Sierra Mountain Center, 174 W. Line Street, in Bishop. Line Street is an east/west street marked by the southern-most traffic light on Main Street/Highway 395, in town. We're west of the light, on the south side of the street next to the health food store. A large parking lot is located on the south side of the building. Plan on already having had a good breakfast and be ready to head to the crags.

**Dates and Prices:** Check the latest brochure, call us or go to our web site for dates and rates. Should minimum participant numbers not be reached you will be given the option of paying our private rate, rescheduling, or cancelling. Price includes guiding and all necessary group climbing gear. We can assist with hotel reservations should you require them.

**Ratios:** A maximum of six participants to one guide.

**Prerequisites:** Rock I or equivalent.

# Equipment List for Sport Climbing Camps

The following list is a general guide and will assist you in packing for the program. Please do not hesitate to contact us if you have specific questions regarding equipment and if you need assistance prior to making a purchase. The following list will vary according to the time of year, and your individual requirements. Items marked with a \* can be rented from SMC.

## ***Climbing equipment***

- Harness\*. An adjustable leg loop type such as the Black Diamond Bod or Wild Things Espresso will accommodate layering changes. Arcteryx harnesses are recommended for rock and sport climbing.
- Helmet. New models such as the Petzl "Helios" or the Black Diamond Half Dome are comfortable and light weight. We provide these for the program. Yes, everyone says that sport climbing is "safe" but do you ride a bike without one these days? We use helmets!
- Carabiners.\* Two locking carabiners (Screwgates are more secure than twist lock style and easier to manipulate) and two regular carabiners are required.
- Belay/rappel device.\* An ATC, Tuber or Figure-eight
- Rock climbing shoes\*. These should be sized large enough to wear comfortably all day. We have a selection of rental rock shoes available or can help arrange rentals from Wilson's Eastside Sports or Mammoth Mountaineering Supply.

## ***Other essentials***

- Footwear. The approaches to some of the climbs, especially the Gorge is rough so you need a pair of sturdy approach shoes.
- Day Pack. Enough to hold personal and group equipment for the day.

## ***Clothing***

- Days will probably be warm and sunny, but be prepared for anything. A long pair of tights will avoid scraping up the legs too much and avoid sunburn. Bring a windjacket in case the wind picks up and remember a sun hat. If climbing during the winter months bring extra warm clothing and a lightweight insulated shell layer.

## ***Etc.***

- Sunglasses. Good quality.
- Water Bottles. Two quart (1 liter) wide mouth bottles and or a hydration system holding up to 50oz. (2 liters).
- Eating and drinking equipment.
- Pocket knife. Swiss army style.
- Camera. Bring film and a spare battery to record those moments.
- Personal toiletries. Include some TP and a bag to pack out the used from the crags.
- Sunscreen and lip screen. SPF 30+. A 1oz. bottle will be enough. Make sure the lip stuff actually contains a sunscreen.
- Bug repellent. Only needed in the early season.
- Lunch and snacks for during the day.

## ***Car Camping Equipment***

***If you are driving you can bring all sorts of things to make life comfortable.***

- Cooking equipment if you are going to cook
- Headlamp or flashlight.
- Eating and drinking equipment.
- Pocket knife. Swiss army style.
- Tent
- Sleeping bag and pad.